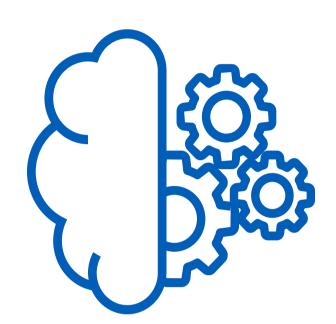
Psychological Health Services

End of shift 5-10 min check-in



Briefly, how has today been?

Open question to everyone



Learning for next week?

Are there any specific things we need to learn from today? Or to think about doing differently tomorrow?

Has anything troubled you?

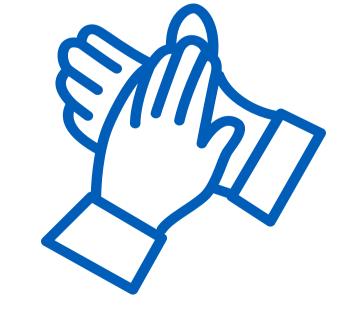
Have a think about whether it is something that needs addressing or that you can let go of. If you feel it needs addressing, please do speak to a senior member of the team

What's gone well today?

Anything positive we can use tomorrow? (Do a couple of people want to share?)

Making tomorrow better

How can we make tomorrow ok for everyone?



Thanks

Thank you for today; and once you leave do the best you can to switch off, rest and recharge.

Adapted from the work of Dr Sadie Thomas-Unsworth, Clinical Psychologist (UHBW), Dr Julie Highfield, Clinical Psychologist (Cardiff and Vale University Health Board), and Dr Dan Magnus, Consultant in Paediatric Emergency Medicine (UHBW) End of Shift Huddle Tip Sheet © 2020 generalpsychologicalhealthservices@uhbw.nhs.uk; 0117 3428168